White Bison
Native American Approaches to Healing

Presents
Wellbriety Movement
NAADAC Annual Conference

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NATIVE AMERICAN PROGRAMS

Culturally based tools for changing individuals, families, communities and nations

Eagles view of the Wellbriety Community Change Program

Applying your own Culture ...........to all programs......
A sustainable grassroots Wellbriety Movement that provides culturally based healing for the next seven generations of Indigenous people.
A Long time ago....... 

►Before you were born. 
When our Elders lived. 
WE...........


The Source of Native Culture
Grown men can learn from very little children for the hearts of little children are pure. Therefore, the Great Spirit may show to them many things which older people miss.

BLACK ELK
Then......
Something Happened To us......
Sexual Abuser

Traditional Woman

Traditional Man

Traditional Clan Mother

Traditional Elder

Traditional Chief

Traditional Youth

Traditional Warrior

Traditional Clan Mother

Traditional Elders' Teachings

Interconnectedness

Cultural Values

Language

Spirituality

Ceremonies

Healing
Effects of Historical Trauma
Effects of Historical Trauma

- Suicide
- HIV/AIDS
- Alcoholism
- Drug Abuse
- Child Abuse
- Domestic Violence
- Jails/Prisons
- Mental Illness
- Anger
- Guilt
- Shame
- Fear
Effects of Poverty

- Low Income & Few Jobs
- Single Parent Families
- Limited Access to Treatment
- Limited Access to Health Care
- Loss of Hope
- Lack of Education
- Domestic Violence
- Anger
- Guilt
- Shame
- Fear

Principles, Values, Laws
Effects of Historical Trauma

Principles
Values
Laws

Anger
Guilt
Shame
Fear

Alcoholism amongst our Elders

Youth Gang Members

Fathers in Prison

Child Protective Services

Parole Violation

Homicide

Domestic Violence

Mothers in Prison
Universal Effects of Trauma
Exercise
Activity, Part 1

- Each participant will get 6 index cards.
- Write the following on the top of the cards:
  - Card 1: Belief System
  - Card 2: Values
  - Card 3: Lifestyle
  - Card 4: Identity
  - Card 5: Family Members
  - Card 6: Most Prized Possession
Activity, Part 2

- Write a brief description on each of the cards relating to the heading.

- Think about the heading and what it means to you and to your life.
Activity, Part 3

- Now hold up the Card 1 and read it to the group.

- How do you feel reading it and sharing the meaning of your belief system?
Activity, Part 4

- Hold Card 1 in front of you. I will come and take it away. I have been sent by the United States Government to accomplish a government plan. I have been given the Authority to accomplish this task by any means necessary, which includes Incarceration and/or death.

- From this day forward you will not be able to use, mention or make any references to your belief system. If you do and its found out, you will face severe legal penalties!
Laws were enacted to prevent Indians from gathering together. No more than two Indians can be seen together at a time. All Indian ceremonies were outlawed and it was mandatory for the savages and unchristian to attend religious services and schools to be indoctrinated.
Activity, Part 5

- Think of the meaning and feelings you have in regards to the next cards.

- Now hold the remaining cards in front of you. I will come and take a card away from you. You will give it freely! From this day forward you will no longer have these lifeways, the way that is natural for you. You will have to adjust to a new of being, seeing, feeling, relating and expressing yourself.
I will take each life-away from you (card) and you have no choice. You will be seen as uncivilized, a savage, a heathen, a renegade, imprisoned if you resist. One method we will use is to divide and conquer, we will have your people/family turn against you.

Tribal people have a consciousness of belonging to each other, therefore if your people turned against you that was an ultimate rejection and a devastating manner of being discounted as a human being and a tribal member.

Divide and conquer mentality is utilized for instilling power and control by the oppressors.
How was this done?
What did it take to destroy our communities?
Carlisle Indian School

Model school for the nearly 500 schools set up in the United States to assimilate American Indian and Alaska Native children.
Residential schools in Canada were based on the Carlisle Indian Industrial School model founded in 1879 by Lieutenant Richard Henry Pratt in Carlisle, Pennsylvania.
Alcoholism
Domestic Violence
Drug Abuse
Unhealthy Relationships
Dysfunction becomes Normal
Sexual Abuse
Victims Sexual Abuse
Co-dependent

Family Structure....

Families started to fall apart..
GANGS
JUVENILE HALL
Abuse
Homicide
Overdose
Teen Pregnancy
Suicide
Bullying
Poverty
Liquor Store
Teen Pregnancy
A combination of immense losses and traumatic events that are perpetrated upon an entire culture. For Native Americans, these losses include:

- Culture
- Language
- Land
- People (deaths due to diseases and war)
- Way of life
- Religion
- Family structure (forced into boarding schools)
250 million indigenous people died after contact with the Europeans. By 1920, 99% of the Native American population was wiped out.
How do we know about intergenerational/historical trauma?

From research on Holocaust survivors,
1. Japanese-Americans who were placed in internment camps,
2. African Americans (slavery),
3. Central American refugees and
4. now more recent studies on Native American people.
How does trauma get passed down through generations?

People adapt to traumatic experiences by

1. developing defense mechanisms and coping skills that often can be detrimental.

2. for Native people enduring immense losses, grief and post traumatic stress became a way of living.

3. people began to believe that feeling numb, being angry, acting self-destructively, and feeling hopeless was a normal way to be in the world.
Other unfortunate consequences of trauma include:

- not believing you have a future,
- difficulties in relationships
- distrust of the outside world.
- This is passed down through direct parent-child interactions.
- and also through interactions with extended family and the community.
Often 2-3 generations pass before the most challenging symptoms of trauma show up in individuals, families and communities.

Cultures go through a grief process similar to an individuals.
Hurt People....

Hurt People!!!
Healed People

Heal People!!!!!
CONSIDER THE SEVENTH GENERATION

The Descendants Of the Boarding Schools!!!

This is the cycle we must break!!!!
Effects of Historical Trauma

From this.....
I have heard it said.....
The Eagle Has Landed...

The Healing Time would begin!!
The Women will begin to sing.....
Wellbriety Means

- Sober lifestyles
- Wellness—balance (mental, physical, spiritual, emotional)
- Connected to principles, values, and Natural Laws
- Walking the Red Road
- You must create a Healing Forest
Cultural Teachings

- Four Laws of Change and the Healing Forest Model
- Teachings of the Medicine Wheel
- Cycle of Life Teachings
- Culture is Prevention
- The Circle is the Healer
- Two Thought Systems & the Thought Process
- Spirit and Intent

Wellbriety: a sober lifestyle that is balanced emotionally, mentally, physically, and spiritually.
Congruency: is an agreement or harmony; compatibility.
Cultural Congruency

- To conduct professional work in ways that the members of a cultural group recognize as appropriate among themselves.
- Engage with community and accept cultural differences in an open and genuine manner.

*The honor of one is the honor of all...*  

Green, J. 1982
Cultural Congruency

• Demonstrates the beliefs, values, and assumptions of the community
• Enables community members to become the owners of the process or the product
• Is recognizable to the community as having a “good fit”

What works for the people of the buffalo may not work for the people of the whale.
Gifts of the Sacred Hoop

Forgiving the Unforgivable
Unity
Healing
Hope
Sacred Hoop Journey I: Healing the Nations Tribal Colleges

Sacred Hoop Journey II: Wiping of the Tears

Sacred Hoop Journey III: Healing Native Women and Children

Sacred Hoop Journey IV: Healing Native Men and Children

Sacred Hoop Journey V: Journey of Forgiveness
Wellbriety Movement
Celebrating Families!

IN partnership
With NACOA
and
Wellbriety Training Institute

“healing families through Culture Knowledge”
Wellbriety Books

The Red Road to Wellbriety
by White Bison, Inc.
2002

Alcohol Problems in Native America
by Don L. Coyhis & William L. White
2006

Meditations with Native American Elders: The Four Seasons
by Don L. Coyhis
2007

Understanding the Purpose of Life: 12 Teachings for Native Youth
by Don L. Coyhis
2008

Books for your own recovery and wellness journey!
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